

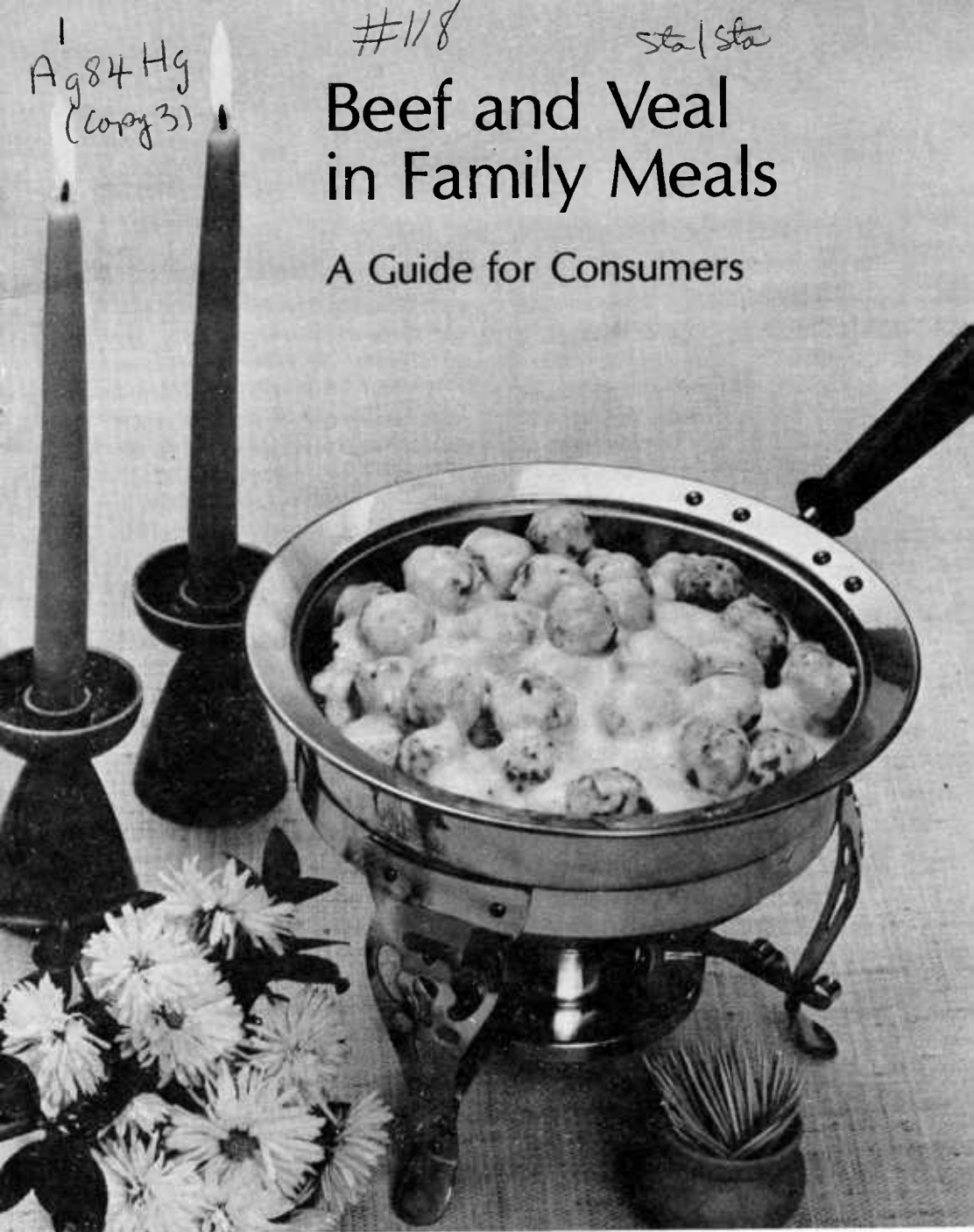
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Beef and Veal in Family Meals

A Guide for Consumers



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GARDEN BULLETIN
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supplying photographs of the retail meat cuts.**

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BEEF AND VEAL IN FAMILY MEALS:

A Guide for Consumers

Meat is a mainstay of the American diet, and beef is the meat that Americans eat in greatest quantity.

Veal, though less popular than beef, is prized for its delicate flavor and fine texture.

Beef and veal abound in flavor and nutritive value. Whether you eat a hearty steak, a quick hamburger, or a savory veal cutlet, you get high-quality protein, B vitamins, and iron. The variety meats (liver, heart, kidney, and other organs of beef and veal) are rich sources of these nutrients. In addition, beef and calf liver are widely acclaimed for vitamin A value.

Lean, well-trimmed beef provides only a moderate number of calories. Calories per serving are included here for some of the beef and veal cuts cooked by various methods, and for all beef and veal recipes.

The average family in this country spends more than one-third of every food dollar for meat, poultry, and fish, so it makes good sense to be informed when you buy and cook it.

If you are puzzled by retail beef and veal cuts and unsure about how to prepare them, this publication can answer many of your questions.

Illustrations help you identify the numerous beef and veal cuts found in supermarkets. Next you will find information on how to select and store these meats, and how to choose a cooking method for each cut.

If you are new at cooking, you will particularly welcome the step-by-step directions for basic beef and veal cookery.

Experienced homemakers can benefit from the up-to-date methods and timetables. Streamlined recipes and quick variations fit today's tempo.

BUYING BEEF AND VEAL

Beef and veal are both produced from cattle—the age of the animal is the difference. Veal usually comes from cattle less than 3 months old. Beef comes from more mature animals—usually 15 to 30

months old. Baby beef comes from animals only 7 to 10 months old.

Veal is grayish pink, smooth textured, and has very little fat. It has a delicate flavor when cooked. Beef is red in color and has a coarser grain.

Identification of Cuts

Learn to identify meat cuts by their appearance. Names given to cuts of meat differ in various parts of the country and sometimes even from store to store in the same town. Names often indicate the section of the carcass from which the meat was cut. Study the illustrations (pages 18 and 19) and table 1 below. With a little practice you will learn to recognize the different cuts.

The part of the carcass from which the meat was cut is a good guide to the best cooking methods. Meat from the upper middle sections (rib and loin) is the most tender and can be cooked by dry heat methods. Meat from the shoulder (chuck), round (or rump), shank, and plate is less tender and is usually cooked by moist heat methods.

Other beef and veal cuts (not illustrated) include:

- Filet mignon is the tenderloin of beef.
- Delmonico steak is the rib eye.

- Boneless brisket is a thin flat piece of meat that has been boned; it often is cured and sold as corned beef.

- A crown roast of veal has rib sections "frenched" (meat removed from the end of each rib bone). The ribs are shaped and fastened into a crown. Chops also may be "frenched."

- Kidney chops of veal are loin chops with a slice of kidney.

- Breast of veal may be boned and rolled, or the breast bone may be removed to form a pocket between the ribs and lean for stuffing.

- A cushion shoulder of veal is a square flat piece of meat made by removing the bones from the blade roast. Taking out the bones forms a pocket that can be filled with stuffing.

Ground and Stew Meat

Ground meat is sold in bulk, loaves, or patties. Ground round frequently is leaner than regular ground beef or ground chuck and commands a higher price.

TABLE 1.—*Identification of retail cuts of meat.*

Section of carcass	Retail cuts	
	Beef	Veal
Shoulder	Chuck roasts	Shoulder roasts
Rib	Rib roasts and steaks	Rib roasts and chops
Loin	Club, T-bone, and porter-house steaks	Loin roasts and chops
Sirloin	Sirloin steaks	Sirloin roasts and steak
Round	Round and rump roasts, round steaks	Round and rump roasts, cutlets, and round steak
Foreshank	Shank crosscuts	Shank and shank crosscuts
Short plate	Short ribs	Breast and riblets
Flank	Flank steak	None

Ground veal is sold as loaves or patties. Mixtures of ground beef, veal, and pork are sometimes sold for meat loaf.

Stew meat—beef or veal—consists of cubes or small pieces of boneless meat.

Variety Meats

Beef variety meats include liver, heart, kidneys, brains, tongue, sweetbreads, and tripe. Variety meats from veal usually are smaller, more tender, finer in texture, milder in flavor, and lighter in color than those from beef.

Liver is a fine-textured variety meat with a distinctive flavor and high nutritive value. Whole liver should have a moist, smooth surface when bought; sliced liver may appear slightly porous.

Heart is very firm and smooth textured. Long, slow cooking in liquid is needed to make it tender.

Kidneys from beef and veal consist of irregular lobes and deep clefts. Veal kidneys are more tender and delicate than beef kidneys.

Brains are soft, very tender, and delicate in flavor. Veal and beef brains differ little in flavor, texture, and tenderness.

Tongue is one of the less tender variety meats and needs long, slow cooking in liquid. Tongue can be bought fresh, pickled, corned, or smoked.

Sweetbreads, the thymus glands, are made up of two parts—the heart sweetbread and the throat, or neck, sweetbread. They are white and soft and have a very delicate taste. Since the thy-

mus gland disappears as the animal matures, sweetbreads are available only from veal and very young beef.

Tripe consists of the plain or smooth lining from the first beef stomach, the honeycombed lining from the second stomach, and the pocket-shaped part from the end of the second stomach. The pocket-shaped section is smooth on the outside and honeycombed inside. Honeycombed tripe is considered a great delicacy. You can buy tripe partially cooked, pickled, or canned.

Aged Meat

Fresh meat usually reaches the consumer within 6 to 10 days after slaughter. Some high-quality beef, however, is “aged” by holding it at temperatures of 34° to 38° F. for 3 to 6 weeks, or by holding it for 2 days at about 70°. Ultraviolet light is used to reduce bacterial growth in the second method.

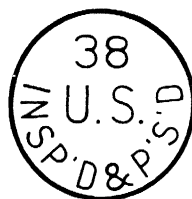
Aging develops additional tenderness and characteristic flavor. Since proper aging of meat requires controlled conditions, it is not practical to do it at home.

Cured Meat

In curing, the meat is treated with curing ingredients—primarily salt and sugar. After curing, the meat may be smoked with a nonresinous wood for added flavor. Hickory is a popular wood for smoking cured meats.

Cuts of beef frequently cured are the brisket (called corned beef

when cured), the tongue, and some sausages and luncheon meats that contain beef. Dried beef, another cured product, is usually made from the round. Veal tongue may be cured, but other veal cuts usually are not.



Tenderized Meat

Meat sometimes is treated before cooking to increase tenderness. Some tenderizing treatments are applied before the meat is sold; others are applied in the home. The two chief methods of tenderizing meat are—

- *Treatment with liquid or powdered tenderizers.* Meat sometimes is treated with liquid tenderizer before sale. The tenderizer may be injected into the vascular system of the animal before slaughter; this meat usually is sold under a trade name. Or, powdered tenderizers can be bought for home use.

- *Mechanical treatment to cut or break connective tissues and muscle fibers.* Before sale, thin steaks, such as sirloin tip or round steak, may be put through a machine that scores the surface. The meat is then sold as cube steak, “minute” steak, or “sandwich” steak. In the home, round steak and flank steak can be made more tender by pounding them with a mallet.

Signs of Good Quality

Inspection mark and label

This Federal stamp on a meat cut tells consumers that the meat came from a healthy animal, that

it was processed under sanitary conditions, and that it is honestly labeled. It appears on each wholesale cut of an inspected and approved carcass and may or may not appear on the smaller retail cuts. The colored stamping fluid is harmless and need not be trimmed from meat before cooking.

Processed meats—certain cured products, such as corned beef or dried beef, canned meats, and frozen meat products—have a similar circle on the package, can, or label. This stamp indicates that the product carries the same assurance of wholesomeness.

A label for a processed meat product must be accurate and informative, and the product must meet established standards for meat content. Labels may also include information about the nutrient content of the product.

All fresh and processed meat products that are shipped from one State to another must bear a mark of Federal inspection. The Federal Meat Inspection Act of 1967 assures consumers that all meat is inspected by either the Federal Government or an adequate State system. Previously, Federal inspection was required only in plants dealing in interstate or foreign commerce.

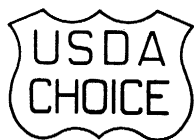
Grade stamp or packer's brand

The grade stamp is a colored shield—in contrast to the circular inspection stamp—enclosing the letters “USDA” and the grade designation. These stamps divide the wide range of meat quality into several groups.

Grade stamps appear on most retail beef and veal cuts. Government grading is optional and is paid for by the meat packer.

Not all meat is federally graded. Some meat packers use brand names instead of grades to represent the quality levels of their products. Packers may sell products under several brand names, with each brand representing a different quality level. These may or may not match the standards of Federal grades. Quality-control programs by the packers keep their products within these standards.

Beef grades.—USDA Choice is the beef grade most commonly found in retail markets. USDA Prime, the highest grade, may be found in some retail markets, but most of it goes to hotels and restaurants. Relatively little USDA Good, Standard, and Commercial beef is found in retail markets. Beef of the lowest three grades, USDA Utility, Cutter, and Canner, is used mostly in processed meat products. Samples of grade stamps are shown below.



Higher grades of beef generally are more tender and juicy than lower grades of the same cut, but lower grades can be made more tender by slow cooking in water or steam as in pot roasting.

Veal and calf grades.—Veal and calf grades are USDA Prime, Choice, Good, Standard, Utility, and Cull. The lean of USDA Prime veal is light grayish-pink to light pink and is fairly firm and velvety; the bones are small, soft, and quite red. The carcass is given a lower grade as the lean becomes less firm, more moist, coarser in grain, and darker in color, and as the size of bones increases.

Appearance

Appearance of fresh meat is an important guide to quality, especially if the grade or packer's brand does not appear on the meat. Good-quality beef lean is a uniform, bright, light-to-deep red; veal is grayish pink. Fine-textured firm lean is preferable to coarse-textured soft lean.

Color of fat varies with breed, age, and feed of the animal. It is not an indication of quality. Bones become less red and harder as the animal matures. Good-quality beef has red, porous bones; veal bones are soft and very red.

Prices

The economy of a cut of beef or veal depends on the amount of cooked lean meat it provides as well as its price per pound. For

example, round steak and beef rib roast may cost the same per pound, but the round steak will provide 2 to 3 ounces more cooked lean meat per pound purchased.

Equal-size servings of cooked lean from different cuts provide similar food value. Generally, cooked lean from pot roast is as nutritious as that from the most expensive steak or chop. Therefore, you can find good buys in food value by comparing the cost of purchased amounts that will provide equal amounts of cooked lean. Or, compare the cost of amounts needed for a family meal.

Retail food stores often feature certain meat cuts as specials. To take advantage of these specials, read newspaper advertisements before you make your shopping list.

Amount To Buy

How much meat is enough? Necessarily the amount you buy at one time depends on available storage space and how you intend to use the meat. Cost is always a factor. So are family size and family preferences.

Some families like to buy favorite cuts in quantity when they are offered at special prices and freeze them for future use. This works well if home freezer

space is available. Unless freezer space is available, buy only the amount of meat that can be used within the suggested refrigerator storage periods given on page 9.

For an estimate of the number of 3-ounce servings of boneless cooked meat to expect from a pound of each retail cut of beef and veal, see table 2 (p. 7). Remember that some family members eat large servings; others take small servings.

When buying roasts, it's a good idea to buy enough for two or more meals. Plan to use extra cooked meat in casseroles, salads, and sandwiches. One pound of boneless cooked meat yields about 3 cups of chopped or diced meat. To estimate the yield of chopped or diced cooked meat from a pound of raw meat, see table 2 (p. 7).

Home freezer owners may save money by purchasing wholesale cuts of meat. The price per pound for a side or quarter of beef is likely to be less than the average price per pound of the individual retail cuts from a side or quarter.

A wholesale cut, however, may yield a higher proportion of hamburger and stew meat than you want. Also, the costs of cutting, wrapping, and storing the meat (electricity for home freezer operation or freezer locker rental) may offset the savings made by purchasing a wholesale cut.

TABLE 2.—Yield of boneless cooked meat from retail cuts of beef and veal

Kind and cut of meat	Approximate yield of cooked lean and some fat from one pound of raw meat as purchased	
	3-ounce servings	Volume, chopped or diced
	<i>Number</i>	<i>Cups</i>
<i>Beef</i>		
Brisket		
Boneless, fresh or corned.....	3.....	1½ to 2
Chuck roast		
Bone-in.....	2½.....	1½
Boneless.....	3 to 3½.....	2
Club or T-bone steak, bone-in.....	2.....
Flank steak, boneless.....	3½.....
Ground beef.....	4.....
Porterhouse steak, bone-in.....	2¼.....
Rib roast		
Bone-in.....	2½.....	1½
Boneless.....	3.....	1½ to 2
Round steak		
Bone-in.....	3¼.....
Boneless.....	3¾.....
Rump roast		
Bone-in.....	2½.....	1½
Boneless.....	3½.....	2
Short ribs, bone-in.....	1½.....	1
Sirloin steak		
Bone-in.....	2 to 2½.....
Boneless.....	2½ to 3.....
<i>Veal</i>		
Breast		
Bone-in.....	2.....	1 to 1½
Boneless.....	3.....	1½ to 2
Cutlet		
Bone-in.....	3½.....
Boneless.....	4.....
Leg roast		
Bone-in.....	2½.....	1½
Boneless.....	3½.....	2
Loin chops, bone-in.....	2¾.....
Loin roast		
Bone-in.....	2½.....	1½
Boneless.....	3½.....	2
Rib chops, bone-in.....	2½.....
Rib roast		
Bone-in.....	2¼.....	1 to 1½
Boneless.....	3½.....	2
Shoulder roast		
Bone-in.....	2½.....	1½
Boneless.....	3½.....	2

STORAGE

Fresh Meat

Fresh meats can be stored at refrigerator temperatures between 35° and 40° F. or at lower temperatures in the special meat compartment of some refrigerators.

Fresh meat generally keeps best if loosely wrapped. However, the transparent wrap on prepackaged meat is designed for refrigerator storage at home for a day or two.

Variety meats, ground meat, and stew meat are highly perishable and cannot be stored as long as other cuts. Suggested home storage times for fresh beef and veal are given in table 3 (p. 9).

Frozen Meat

Fresh meats to be held more than a few days should be frozen. Before freezing the meat, trim off fat and remove bones to save freezer space, if desired. Divide meat into meal-size or serving-size portions.

Wrap meat in moisture-vapor-proof wrappings, such as coated or laminated freezer papers, polyethylene films or bags, or heavy-weight aluminum foil. For easy separation of pieces after freezing, place two pieces of freezer wrap between each steak or chop.

Wrap meat tightly, pressing out as much air as possible. Seal packages well with freezer tape.

Label packages with the cut of meat, the date of freezing, and the date by which the meat should be used for best eating quality.

Meat should be frozen and stored at 0° F. or below. Spread the packages of meat in the freezer so that the meat will freeze quickly. Allow a 1-inch space around packages for air circulation. You can freeze 2 to 3 pounds of meat for each cubic foot of freezer space at one time.

Meats (including cooked meat dishes) purchased frozen should be kept frozen at 0° F. or below until used.

Stored at 0° F., frozen beef and veal will retain high quality for approximately the length of time specified in table 3 (p. 9). The frozen food compartment of a home refrigerator is not designed to maintain 0°. Meats held there usually will retain high quality only for about a week.

In refrigerator-freezer combinations where 0° F. can be maintained in the freezer cabinet, meats may be kept for the same storage periods as in a freezer.

Processed Meats and Meat Products

Cured, smoked, ready-to-serve

Store cured, smoked, and ready-to-serve meats in the refrigerator in their original wrappings, or loosely wrapped. Suggested home refrigerator storage times are given in table 3 (p. 9).

Cured meats do not keep their high quality long in the freezer, because seasonings added in the curing process speed rancidity.

**TABLE 3.—Suggested home storage periods to maintain
high quality in beef and veal**

Product	Storage period	
	Refrigerator (about 40° F.)	Freezer (0° F. or below)
<i>Fresh meat</i>		
Chops and cutlets.....	3 to 5 days.....	6 to 9 months
Ground beef or veal.....	1 to 2 days.....	3 to 4 months
Roasts		
Beef.....	3 to 5 days.....	6 to 12 months
Veal.....	3 to 5 days.....	6 to 9 months
Steaks.....	3 to 5 days.....	6 to 12 months
Stew meat.....	1 to 2 days.....	3 to 4 months
Variety meats.....	1 to 2 days.....	3 to 4 months
<i>Cured, smoked, and ready-to-serve meat</i>		
Corned beef.....	7 days.....	2 weeks ¹
Frankfurters and wieners.....	7 days.....	1 month ¹
Luncheon meat.....	3 to 5 days.....	Freezing not recommended
Sausage		
Smoked.....	7 days.....	Freezing not recommended
Dry and semi-dry.....	2 to 3 weeks.....	Freezing not recommended
<i>Cooked meat</i>		
Cooked meat and meat dishes.....	3 to 4 days.....	2 to 3 months
Gravy and meat broth.....	1 to 2 days.....	2 to 3 months

¹ Frozen cured meat loses quality rapidly and should be used as soon as possible.

Canned

Canned products containing beef and veal keep well in a cool dry place. Storage in a warm place may change color and flavor. Under proper storage conditions, canned beef and veal will retain their quality for as long as a year. They will be safe to eat as long as the cans are completely airtight.

After opening canned meats, refrigerate and use within a few days.

Cooked Meats and Meat Products

Cooked meats should be covered or wrapped and stored in the re-

frigerator. Rapid cooling of meats and meat combination dishes helps prevent bacterial growth. Because bacterial growth is favored at temperatures between 40° and 140° F., the food should be taken through this temperature range as quickly as possible.

If you prepare enough of a meat dish for more than one meal, quickly cool and refrigerate or freeze the portion that you intend to serve later. Meat left on the serving platter (part of a roast, for example) should be refrigerated or frozen as soon as the meal is finished.

Cooked meat keeps its quality best if left in large pieces until

used. To prevent drying and save storage space, remove cooked meat from the bone if only a small amount of meat remains.

Gravy and meat broth are highly perishable and should be cooled quickly, then refrigerated immediately. Store only 1 or 2 days in refrigerator.

Cooked beef and veal, as well as many combination dishes containing beef or veal, can be stored in

the freezer at 0° F. for 2 or 3 months with little or no change in eating quality. Remove cooked meat from the bones, wrap tightly in moisture-vapor-resistant material, and freeze quickly. Cool combination dishes, gravy, or broth quickly, package in meal-size amounts, seal in moisture-vapor-resistant containers, and freeze quickly.

GENERAL PRINCIPLES OF COOKERY

For maximum tenderness and juiciness, cook beef and veal at low to moderate temperatures. The aroma from meat cooked at these temperatures is more pleasant and the color more even than that of meat cooked at high temperatures. Another advantage of low to moderate cooking temperatures is that there is *more meat to serve because of smaller losses through evaporation, shrinkage, and dripings.*

Poorly regulated ovens are sometimes to blame for overcooked meats. Check the oven temperature with an accurate oven thermometer if meat seems to brown too quickly during roasting or if the roast is dry and crusty.

Broiling temperature can be regulated either by changing the distance between the meat and the source of heat or, in some gas ranges, by changing the thermostat setting. Whether the oven door is closed or left open also influences broiling temperature.

Broiling equipment varies

greatly in construction and heating capacity. Because of this, it is best to follow the manufacturer's suggestions for the distance to place meat from the source of heat and the position of the door during broiling. Usually the door is left open when broiling in an electric range and closed when broiling in a gas range.

For the same degree of doneness, place thick cuts farther from the source of heat during broiling than thin cuts. This avoids burning the outside of thick steaks before the center is done. If you prefer a steak well done, place it farther from the heat than for a medium or rare steak.

For maximum tenderness in braised and simmered meat, cook at temperatures that maintain the liquid just below the boiling point.

Degree of Doneness

Cook beef as you like it—rare, medium, or well done. Rare beef has a puffy, full appearance,

brown exterior, reddish-pink interior, and lots of clear red juice. Beef cooked to a medium degree of doneness has a light pink interior, less juice, and lighter colored juice than rare beef. Well-done beef is light brown throughout with slightly yellow juice.

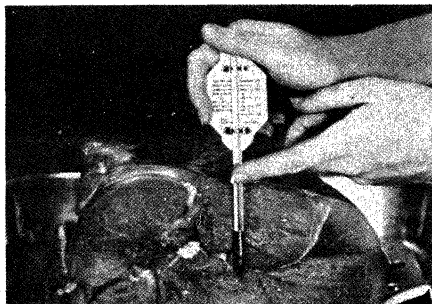
Veal should be cooked well done to make it tender and palatable. It needs longer cooking because it has more connective tissue than other meats. Veal roasted to the well-done stage has a red-brown exterior and a gray interior color.

The best way to tell when a roast is done is to use a meat thermometer. A meat thermometer is well worth the investment, especially if you like beef on the rare side. Choose a thermometer marked with degrees Fahrenheit, not just stages of doneness for the various meats.

Generally, beef is considered rare when roasted to 140° F., medium at 160°, and well done at 170°. Veal is considered well done at 170°, too. These are internal temperatures taken in the center of the roast. Placement of the meat thermometer is important (see photograph above).

If you don't have a meat thermometer, you can estimate cooking time by a roast-meat timetable. Your roast, however, may not cook to just the stage of doneness you want because several factors affect cooking time besides the size of roast.

The easiest way to tell when a steak is done is to cut into it along the bone and check the interior color.



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A meat thermometer is the best guide to the doneness of a beef or veal roast. Be sure to insert the thermometer correctly. Place it as near the center of the roast as possible and in the thickest part. The tip should not touch bone or fat. This picture shows the way to estimate how deep to insert the thermometer.

Cooking Time

Cooking time depends on temperature of meat at start of cooking, cooking temperature, size and shape of cut, composition (proportion of lean, fat, and bone), desired degree of doneness, and whether or not the meat has been aged.

Timetables in this publication are based on meat at refrigerator temperature. More time is needed if the meat is colder than refrigerator temperature—frozen or only partially thawed.

Keep these facts in mind—

- A small roast requires more minutes per pound than a large roast, but its total cooking time is less than for the large roast.
- A longer cooking time is needed for a thick cut than for a thin cut of the same weight.
- Meat with an outside layer of fat takes longer to cook than meat with little or no fat cover.

- Boned and rolled roasts require more cooking time per pound than roasts with bone in.

- Aged meat cooks slightly faster than unaged meat.

Cooking Frozen Meat

If frozen meat is not thawed before cooking, allow extra cooking time. The extra cooking time needed depends on size, shape, and thickness of meat. Large frozen roasts may take up to one and a half times as long to cook as unfrozen cuts of the same weight and shape. Generally, smaller roasts require more extra time per pound than larger roasts.

A meat thermometer may be inserted when the meat has thawed. This will be an aid in determining doneness.

Frozen steaks and chops require up to one and a half times as long to broil. They should be placed at

least 4 inches from the source of heat to prevent overbrowning.

If you prefer, thaw frozen meat in the refrigerator, then cook it as fresh meat. Large roasts take 4 to 7 hours per pound to thaw and small roasts take 3 to 5 hours per pound. Cooking time for thawed meat at refrigerator temperature is the same as for meat that has not been frozen.

Frozen meat combination dishes are best when reheated without thawing first. If they are in a watertight container they can be partially thawed by immersing the package in lukewarm water for a few minutes—just long enough to make it easy to remove the food from the container.

Complete thawing of meat combination dishes at room temperature may permit growth of dangerous bacteria, and is not recommended for commercially or home-prepared food of this type.

BASIC COOKING METHODS

Cooking methods commonly used for beef and veal are roasting, rotisserie cooking, broiling, pan broiling, pan frying, braising, pot roasting, and simmering.

Roasting is a method in which meat is surrounded and cooked by heated air, usually in an oven. Meat is not covered and no water is added.

Rotisserie cooking is a method which exposes all sides of the meat to direct and even heat by rotating

it on a spit located near a heat source.

Broiling is cooking by direct heat from a flame, electric unit, or glowing coals. Meat is cooked one side at a time.

Pan broiling is cooking in an uncovered pan over direct heat. Fat that cooks out of the meat is drained off as it accumulates.

Pan frying is similar to pan broiling, except that meat is cooked in a small amount of fat.

Braising is cooking in steam trapped and held in a covered container or foil wrap. The source of steam may be water or other liquid added to meat, or it may be meat juices.

Pot roasting is braising large cuts of meat, either on top of range or in oven.

Simmering is cooking meat in liquid just below boiling point.

Consider the tenderness, size, and thickness of any meat cut before you cook it. *Beef* cuts vary greatly in tenderness. Thick, blocky cuts from the rib, loin, and sirloin usually are roasted. Choice grade beef chuck, round, or rump can be oven-roasted. Lower grades of these roasts make excellent pot roasts. Thin steaks usually are best pan broiled or pan fried; thick steaks are best broiled. Braising and simmering are generally recommended for less tender cuts.

Always cook *veal* well done for full flavor. Long, slow cooking does the trick. Braising is good for many veal cuts because the combination of browning and steaming tenderizes the meat and develops its flavor. Large cuts of veal—from the leg and shoulder—can be roasted satisfactorily. Broiling is recommended only for veal patties.

Roasting

Directions

Preheat oven to 325° F. (slow). Place roast with fat side up on a rack in a shallow roasting pan.

If you have a meat thermome-

ter, insert it into roast so that tip is in center but not touching bone or fat (see illustration, p. 11).

Roast uncovered, without added liquid, until meat thermometer registers appropriate temperature. The timetable (p. 14) serves as a guide to roasting time at 325° F.

Calories per 3-ounce serving: Beef rib roast—about 375 (lean and fat) or 205 (lean only).

Veal roast—about 230 (lean and fat).

Tips

- A shallow pan is better than a deep one for roasting because it allows heat to circulate around the roast.

- A rack under the roast keeps the meat up from the drippings and increases circulation of heat. The rib bones in standing rib roast can serve as a rack.

- Meat may be seasoned before or after roasting. Either way seasonings penetrate very little below surface of the meat.

- To increase the juiciness of veal roasts that have little outside fat, lay strips of bacon or salt pork across top.

- For easier slicing, allow roast to stand 15 to 20 minutes after removing from oven before carving.

- Boned roasts can be filled with a stuffing for variety.

Rotisserie Cooking

Large, compact roasts—beef rolled rib, rolled rump, and sir-

Timetable for roasting beef and veal

Cut of meat	Approximate ready-to-cook weight	Approximate roasting time at 325° F. ¹	Internal temperature of meat when done
	<i>Pounds</i>	<i>Hours</i>	<i>° F.</i>
<i>Beef</i>			
Standing ribs ²			
Rare.....	4 to 6	2¼ to 2½	140
Medium.....	4 to 6	2½ to 3½	160
Well done.....	4 to 6	2¾ to 4	170
Rare.....	6 to 8	2½ to 3	140
Medium.....	6 to 8	3 to 3½	160
Well done.....	6 to 8	3½ to 4¼	170
Rolled rib			
Rare.....	5 to 7	2¾ to 3¾	140
Medium.....	5 to 7	3¼ to 4½	160
Well done.....	5 to 7	4 to 5¾	170
Rolled rump			
(choice grade).....	4 to 6	2 to 2½	150 to 170
Sirloin tip			
(choice grade).....	3½ to 4	2½	140 to 170
	6 to 8	3½ to 4	140 to 170
<i>Veal</i>			
Leg.....	5 to 8	3 to 3½	170
Loin.....	4 to 6	2½ to 3	170
Rib (rack).....	3 to 5	2 to 3	170
Shoulder, rolled.....	3 to 5	2¼ to 3½	170

¹ Meat at refrigerator temperature at start of roasting.

² Eight-inch cut. For 10-inch ribs allow about 30 minutes less time.

loin tip roasts—can be cooked on a rotisserie. The roast should be as regular in shape as possible so that the spit will rotate evenly.

Directions

Mount roast securely on spit so that it does not slip as spit turns. If properly balanced, meat will rotate evenly.

Place a drip pan under roast to catch drippings. If you are

cooking meat over coals, arrange pan so that drippings do not fall on coals and cause smoke. For example, if the rotisserie turns so that the meat surface rotates upward at the front the drip pan should be under the front edge of the meat. See where droplets fall and place the pan to catch them.

Insert a meat thermometer at an angle or through end of roast in such a way that tip is in center of roast, but not in fat or

touching the spit. Check to see that thermometer clears rotisserie equipment and drip pan as spit turns.

Follow the directions that came with your rotisserie equipment concerning operation of the spit and regulation of temperature. Low to moderate temperatures give best results.

Roast until meat reaches the desired degree of doneness. Cooking time depends on size and shape of roast, cooking temperature, and the degree of doneness you like.

Tips

- Because cooking time varies with intensity of heat produced, a roast cooked on an outdoor rotisserie may require a longer time to cook on a breezy day than on a calm day.

- To maintain an even heat when cooking over charcoal, space coals about an inch apart. Add new charcoal around edges and wait until charcoal glows, then push it toward the center.

Broiling

Directions

Adjust broiler rack. (See p. 10.)

Slash fat around edge of meat to prevent curling.

Place meat on cold broiler grid.

Broil until top side of meat is browned, about half of total cooking time.

Season, turn, and brown other side. Use timetable (p. 16) as a guide for total broiling time.

Calories per 3-ounce serving:

Club steak—about 385 (lean and fat) or 205 (lean only).

Sirloin steak—about 330 (lean and fat) or 205 (lean only).

T-bone or porterhouse steak—about 400 (lean and fat) or 190 (lean only).

Ground beef patties—about 245 if regular ground beef is used; 185 if lean ground beef is used.

Tips

- Put aluminum foil in bottom of broiler pan to simplify cleaning.

- Grease broiler grid to help prevent meat from sticking.

- Turn meat by sticking fork into the fat, not the lean, or use tongs.

- Check doneness by cutting a slit in the meat near the bone and noting interior color. Rare beef is reddish pink, medium is light pink, and well done is light brown.

- Broil frozen meat at a low temperature to prevent surface from charring before interior thaws. Increase cooking time.

Outdoor Broiling

Broiled steaks and hamburgers taste even better when cooked outdoors. Appetites are bigger, too, so be sure to allow for seconds.

Choose thick steaks—at least

Timetable for broiling beef and veal

Cut of meat	Approximate thickness	Degree of doneness	Approximate total cooking time ¹
	<i>Inches</i>		<i>Minutes</i>
Beef			
Steaks (club, porterhouse, rib, sirloin, T-bone, tenderloin)	1	Rare	15 to 20
	1	Medium	20 to 25
	1	Well done	25 to 30
	1½	Rare	25 to 30
	1½	Medium	30 to 35
	1½	Well done	35 to 40
	2	Rare	35 to 40
	2	Medium	40 to 45
	2	Well done	45 to 55
Patties	¾	Medium	12
	¾	Well done	14
Veal			
Patties ²	¾	Well done	15

¹ Meat is at refrigerator temperature at start of broiling. Regulate broiling temperature as directed on page 10.

² Broiling is not recommended for other cuts of veal.

1½ inches thick—and plump hamburgers—at least ¾ inch thick—for outdoor broiling. They will be juicier than thinner ones.

Boneless beef cubes cut from sirloin or top round make good shish kebabs (p. 27).

Directions

Start fire 30 to 45 minutes ahead of time so that coals will be at right temperature. When coals become covered with fine gray ash, spread them about 1 inch apart. No two coals should touch.

Adjust grill so that meat surface is about 6 to 8 inches from

coals. This gives even heat without too much intensity. If meat gets too hot, raise grill away from heat.

Tilt grill slightly to let fat run down grids to one side. This prevents fat from dripping on the coals and causing smoke and flame.

Broil meat until it reaches the desired doneness. Turn meat about halfway through the cooking period. The timetable above will help estimate cooking time, but cooking times vary.

Tips

- Meat may be marinated in a marinade of half oil and half

vinegar or lemon juice, with your favorite seasonings. Marinate meat for several hours in refrigerator. Drain well before broiling.

- To check doneness, cut a slit in meat near the bone or in center and observe interior color.

- Allow longer cooking time on a breezy day.

Pan Broiling

Thin beef steaks or patties, 1 inch thick or less, can be pan broiled.

Directions

Slash fat around edge of meat to prevent it from curling.

Grease frypan lightly or rub hot frypan with fat edge of meat.

Place meat in hot frypan and cook slowly over moderate heat, turning occasionally as necessary.

Pour off excess fat. Remove meat from pan; drain.

Season and serve.

Total cooking time for patties or 1-inch steaks will be 10 to 20 minutes depending on degree of doneness wanted.

Tips

- If meat is well marbled, it is not necessary to grease pan.

- To test for doneness, cut meat close to the bone near end of cooking period and note interior color of meat.

Pan Frying

Pan frying is suitable for cuts of meat that are 1 inch thick or less.

Directions

Slash fat around the edge of meat to prevent it from curling.

Put a small amount of fat in frypan and preheat over moderate heat.

Cook meat slowly over moderate heat, turning occasionally as necessary to brown both sides.

Remove meat from pan; drain.

Season and serve.

Total cooking time will be about 8 to 10 minutes for rare-to-medium beef steaks 1 inch thick, 25 to 30 minutes for well-done veal cutlets or chops 1 inch thick, and about 15 minutes for well-done veal patties $\frac{3}{4}$ inch thick. Thinner cuts take less time.

Tips

- Flouring or breading meat before frying gives it a crisp brown exterior.

- Chilling breaded meats before cooking helps coating stick.

- Frozen meats can be floured and browned without thawing. If egg and crumbs are used, however, the coating will stick better if meat is thawed first.

- To test for doneness, cut meat close to bone near end of cooking period and check interior color of meat.

Braising

Directions

Brown meat slowly on all sides in enough fat to keep the meat from sticking. Use a heavy pan.

Season meat.

Add a small amount of liquid

Beef Cuts / what they are, where they come from

RIB

STANDING
RIB ROAST



SHORT LOIN

PORTERHOUSE
STEAK

T-BONE
STEAK

CLUB STEAK



SIRLOIN

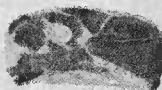
SIRLOIN STEAK

SIRLOIN
TIP ROAST



CHUCK

ARM
POT ROAST



BLADE
POT ROAST



INSIDE CHUCK
POT ROAST

FORE SHANK



BEEF
FOR STEW

BRISKET

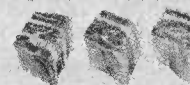


PLATE



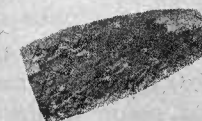
PLATE

SHORT RIBS



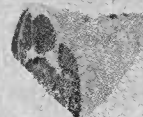
FLANK

FLANK
STEAK



ROUND

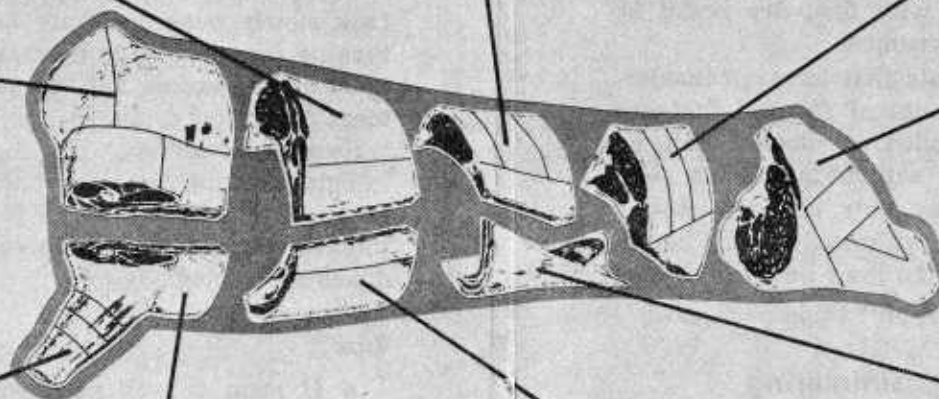
HEEL OF
ROUND



RUMP
ROAST



ROUND
STEAK



Timetable for braising beef and veal

Cut of meat	Approximate ready-to-cook weight or thickness	Approximate total cooking time ¹
		<i>Hours</i>
<i>Beef</i>		
Pot roast, such as chuck or round.....	3 to 5 pounds	3 to 4
Steak, such as chuck or round.....	$\frac{3}{4}$ to 1 inch	1 to 1½
Flank steak.....	$\frac{1}{2}$ inch	1½ to 2
Short ribs.....	2 by 2 by 4 inches	1½ to 2½
Pieces for stew.....	1½-inch cubes	1½ to 2½
<i>Veal</i>		
Chops.....	$\frac{1}{2}$ to $\frac{3}{4}$ inch	$\frac{3}{4}$ to 1
Pieces for stew (shoulder).....	1-inch cubes	1½ to 2
Shoulder, rolled.....	3 to 5 pounds	2 to 2½
Steaks (cutlets).....	$\frac{1}{2}$ to $\frac{3}{4}$ inch	$\frac{3}{4}$ to 1

¹ Cooking time is for meat braised at simmering temperature. Time needed for braising in a pressure cooker is considerably shorter; follow pressure cooker manufacturer's directions.

(about $\frac{1}{2}$ cup or less) if necessary to prevent overbrowning.

Cover pan tightly.

Cook slowly over low heat or in a 350° F. oven until tender, adding more liquid if needed. Use timetable above as a guide to braising time.

Calories per 3-ounce serving:

Beef pot roast—about 245 (lean and fat) or 165 (lean only).

Beef flank steak—about 160 (all lean).

Veal shoulder—about 230 (lean and fat).

Tips

- Scoring steaks by cutting slashes across surfaces or pounding steaks with a mallet before braising helps make them more tender.

- Floured cuts brown better than unfloured cuts.

- Chops and steaks can be breaded with fine, dry bread or cracker crumbs.

- Meats that have a considerable amount of fat and that are not breaded or floured can be browned without added fat.

- Many cuts of beef can be braised without added liquid. Steam from their own juices provides moisture.

Simmering

Directions

Brown meat on all sides, if desired. (Do not brown corned beef.)

Add water to cover meat.

Add desired seasoning. Cover.

Cook slowly over low heat until meat is tender. Do not boil. Use the timetable (p. 21) as a guide to cooking time.

Calories per 3-ounce serving:

Beef shanks—about 245 (lean and fat) or 165 (lean only).

Corned beef—about 315 (lean and fat).

Tips

- To enhance the flavor of beef and veal choose from these seasonings—celery, onion, green pepper, parsley, basil, bay leaves, marjoram, peppercorns, and thyme.

- Simmered meat is more flavorful and juicy if it is chilled quickly in the stock in which it was cooked than if stock is drained from meat before chilling.

Cooking Variety Meats

The choice of a cooking method for variety meats, as for other meats, depends on how tender the particular meat is. Variety meats are usually cooked well done regardless of the cooking method.

Brains, sweetbreads, and veal (calf) liver and kidneys are tender

and can be pan fried or broiled. For variety, they can be braised or simmered. Less tender variety meats—heart, tongue, tripe, beef liver and kidneys—require braising or simmering.

Liver

To prepare liver for cooking.—Remove heavy blood vessels and outside membrane if desired.

To broil veal (calf) liver.—Ad-just broiler rack so top of liver is exposed to moderate heat.

Dip sliced liver in melted butter or margarine, drippings, or French dressing.

Place on cold broiler grid.

Broil only long enough for liver to lose its red color, about 4 minutes on each side.

For variety, thread cubed liver on skewers alternately with bacon and cooked or canned small whole onions; broil.

To pan fry veal (calf) liver.—Heat a small amount of fat in a frypan over moderate heat.

Timetable for simmering beef and veal

Cut of meat	Approximate ready-to-cook weight	Approximate total cooking time
	<i>Pounds</i>	<i>Hours</i>
Beef		
Fresh beef brisket or plate.....	8	4 to 5
Corned beef brisket (whole).....	8	4 to 5
Corned beef brisket (piece).....	3	3 to 3¾
Beef shanks.....	4	3 to 4
Pieces for stew (1-inch to 2-inch pieces).....		2½ to 3
Veal		
Shanks.....	¾ to 1 each	2 to 3
Pieces for stew (1-inch to 2-inch pieces).....		2 to 3

Dip sliced liver in flour seasoned with salt and pepper. Place in hot fat.

Cook over moderate heat, turning as necessary, until liver is brown and tender, about 5 minutes on each side.

To braise liver.—Heat a small amount of fat in a frypan over moderate heat.

Dip sliced beef or veal (calf) liver in flour seasoned with salt and pepper.

Brown liver in hot fat over moderate heat.

Cover tightly and reduce heat.

Cook on top of range or in a 350° F. (moderate) oven until liver is tender, about 20 to 25 minutes.

Heart

To prepare heart for cooking.—Wash heart in warm water. Trim away gristle and larger blood vessels.

To braise heart.—Prepare for cooking as directed.

Stuff with a bread stuffing if desired.

Brown on all sides in a small amount of fat. Season.

Add a small amount of water, about ½ cup. Cover tightly.

Cook in a 300° F. (slow) oven or over low heat on top of the range until tender. Beef heart requires 3 to 4 hours; veal heart, 2½ to 3 hours.

To simmer heart.—Prepare for cooking as directed.

Place in a deep pot and add salted water to cover.

Simmer, covered, until tender,

3 to 4 hours for beef heart, 2½ to 3 hours for veal heart.

Kidneys

To prepare kidneys for cooking.—Wash kidneys in cold water.

Remove the outer membrane.

Split kidneys through center, lengthwise; remove inner fat and tubes. Cut up if desired.

To simmer kidneys.—Prepare for cooking as directed.

Place kidneys in a deep pot and add water to cover.

Simmer, covered, until tender, 1 to 1½ hours for beef kidneys, ¾ to 1 hour for veal kidneys.

To eliminate strong odor while cooking beef kidneys, change water once.

For variety, heat cooked kidneys in a spicy sauce, or roll them in seasoned flour and pan fry.

To broil veal kidneys.—Prepare for cooking as directed.

Adjust broiler rack so the top of kidneys is exposed to moderate heat.

Dip kidneys in melted butter or margarine, drippings, or French dressing.

Place on cold broiler grid.

Broil 5 to 10 minutes on each side, or until brown.

For variety, wrap kidneys in bacon slices before broiling.

Brains and Sweetbreads

To prepare brains or sweetbreads for cooking.—Wash in cold water; remove any blood clots.

Soak in cold water 30 minutes.

To simmer brains or sweet-

bread.—Prepare for cooking as directed above.

Place in a deep pot and add water to cover.

Add 1 teaspoon salt and 1 tablespoon lemon juice or vinegar for each quart of water.

Simmer, covered, 15 to 20 minutes.

Drain, rinse well in cold water, and remove membrane and blood vessels.

For variety, heat cooked brains or sweetbreads in a cream or tomato sauce. Or, break cooked brains into small pieces and add to scrambled eggs.

To pan fry brains or sweetbreads.—Prepare for cooking as above; remove membrane.

Roll in flour or fine, dry bread-crumbs.

Fry in a small amount of fat in a frypan over moderate heat until tender and lightly browned, about 20 minutes.

Tongue

To simmer tongue. — Wash tongue. Soak corned, pickled, or smoked tongue in water several hours before cooking to make flavor milder, if desired.

Place tongue in a deep pot and add water to cover. Add salt if needed.

Simmer, covered, until tender, 3 to 4 hours for beef tongue, 2 to 3 hours for veal tongue.

Drain tongue; dip in cold water to loosen skin.

Remove skin and cut away bones and gristle at thick end.

Serve tongue hot or cold. If

served cold, it will be juicier if it is cooled in the broth.

For variety, use cooked tongue in place of other cooked meats in combination dishes.

Tripe

To simmer tripe.—Place tripe in a deep pot and add water to cover. Add 1 teaspoon salt for each quart of water.

Simmer, covered, until tender, 1 to 1½ hours.

For variety, heat cooked tripe in a spicy tomato sauce.

Making Gravy

The secret of making smooth gravy is to blend the flour thoroughly with fat or with cold liquid before combining it with hot liquid.

Meat drippings often contain both fat and meat juices. Drippings from pan broiled, pan fried, and well-done roasted or broiled meat may consist almost entirely of melted fat and browned crusty bits because most of the meat juices evaporate during cooking. Drippings from braised meat and rare roasted or broiled meat, however, may contain considerable meat juices or broth.

If drippings are scarce or meat broth is weakly flavored, add a bouillon cube or a little meat extract to each cup of liquid.

Method 1

Use with drippings containing only fat and browned crusty bits.

For a thin gravy, use 1 tablespoon each of flour and fat to each cup of meat liquid and water; for a medium gravy, use 2 tablespoons of flour and 1 or 2 tablespoons of fat, as desired.

Measure amount of fat needed and return to pan. Save the rest for other uses.

Stir flour into fat; brown over low heat.

Add liquid slowly, stirring constantly.

Cook until thickened, stirring occasionally.

Season to taste.

Method 2

Use with drippings containing

a considerable amount of meat juices or broth.

For a thin gravy, use 1 tablespoon of flour to each cup of liquid; for a medium gravy, use 2 tablespoons of flour per cup of liquid.

Measure drippings or broth; if necessary add water to make desired amount of liquid. Heat.

Mix flour with a small amount of cold water by stirring or shaking until smooth.

Stir flour mixture slowly into hot liquid.

Cook until thickened, stirring occasionally.

Season to taste.

RECIPES

Beef and veal cookery isn't all broiling, braising, or roasting—there's a realm of good eating in dishes that combine beef or veal with other ingredients.

Some of the hearty combination dishes presented in this section are timesavers—one-dish meals in which meat and vegetables cook together. Others make the meat dollar go farther by converting less expensive cuts of beef—ground beef, boneless beef cubes, chuck, and round—into satisfying main dishes. Although some of the recipes need long, slow cooking to tenderize the meat and blend the flavors, many of them can be prepared quickly.

The less expensive cuts of veal also can be dressed up with other

ingredients. Leftover roast veal can be transformed into fancy fare, like veal-fruit salad (p. 33).

In a number of recipes you can cut calories by choosing lower-calorie ingredients in place of high-calorie ones where indicated. Trimming visible fat from any meat also helps cut calories.

Corned beef hash

6 servings, about $\frac{3}{4}$ cup each

Corned beef, cooked, very finely chopped.....	3 cups
Potatoes, cooked, chopped.....	3 cups
Onion, chopped.....	$\frac{1}{2}$ cup
Carrots, shredded.....	$\frac{1}{2}$ cup
Salt.....	$\frac{1}{2}$ teaspoon
Pepper.....	$\frac{1}{4}$ teaspoon
Fat or oil.....	2 tablespoons
Half-and-half.....	1 cup

Toss beef lightly with vegetables, salt, and pepper.

Heat fat in heavy frypan.

Add meat and vegetable mixture.

Pour half-and-half over mixture.

Cook hash until lightly browned on one side.

Turn; cook until lightly browned on second side.

Calories per serving: About 390.

VARIATION

Roast beef hash.—Use cooked roast beef in place of corned beef, and beef gravy in place of half-and-half. Mix gravy with meat and vegetables before putting them in frypan. About 355 calories per serving.

MENU SUGGESTION

Serve with lettuce and tomato salad and have lemon meringue pie for dessert.

Beef stew

6 servings, 1 1/3 cups each

Flour, unsifted.....	1/4 cup
Salt.....	1/2 teaspoon
Pepper.....	1/4 teaspoon
Boneless stew beef, cut into 1-inch cubes.....	1 1/2 pounds
Fat or oil.....	2 tablespoons
Water.....	3 cups
Onions, sliced.....	1 1/2 cups
Potatoes, cut into 1-inch cubes.....	2 cups
Carrot chunks.....	2 cups
Peas, frozen.....	10-ounce package
Water.....	1/4 cup

Mix flour, salt, and pepper.

Coat meat with flour mixture.

Save remaining flour mixture.

Brown meat in fat in large, heavy saucepan.

Add 3 cups water and cover tightly.

Simmer 2 hours or until meat is almost tender.

Add onions, potatoes, and carrots. Cover; simmer for 15 minutes.

Add peas. Cover and simmer until vegetables are tender.

Mix remaining flour mixture into 1/4 cup water. Stir gradually into stew mixture.

Cook, stirring constantly, until thickened.

Calories per serving: About 460.

VARIATION

Veal stew.—Use 1 1/2 pounds veal cubes in place of beef. Cook for 1 1/2 hours. About 360 calories per serving.

MENU SUGGESTION

Serve with jellied tomato salad and hot biscuits.

Beef stroganoff

6 servings, about 2/3 cup each

Round steak, boneless.....	1 1/4 pounds
Onion, sliced.....	1/2 cup
Mushroom pieces, drained.....	2 cans, 4 ounces each
Butter or margarine.....	2 tablespoons
Pepper.....	1/4 teaspoon
Catsup.....	2 tablespoons
Beef bouillon.....	10 1/2-ounce can
Flour.....	3 tablespoons
Cold water.....	3/4 cup
Sour cream.....	8-ounce container
Noodles, cooked.....	3 cups (about 4 1/2 cups uncooked)

Cut steak into strips about 3 inches by 1½ inch.

Cook steak strips, onion, and mushrooms in fat until meat is lightly browned.

Add pepper, catsup, and bouillon.

Simmer until meat is tender, about 1 hour and 10 minutes.

Mix flour and cold water thoroughly.

Stir into meat mixture. Cook, stirring constantly, until thickened.

Stir in sour cream. Heat to serving temperature.

Serve over noodles.

Calories per serving, with noodles: About 525.

VARIATION

Hamburger stroganoff. — Omit butter or margarine. Use 1½ pounds ground beef in place of round steak. About 535 calories per serving.

MENU SUGGESTION

Serve with braised peas and celery. Have fruit crisp for dessert.

Beef-vegetable soup

6 servings, 1 cup each

Meaty beef soup bones.....	3 pounds
Water.....	1¼ quarts
Onion, chopped.....	½ cup
Celery, chopped.....	1 cup
Potatoes, diced.....	1 cup
Carrots, sliced.....	½ cup
Turnips, diced.....	½ cup
Tomatoes.....	16-ounce can
Salt.....	1 teaspoon
Pepper.....	⅓ teaspoon

Simmer bones in water until

meat falls from them, about 3 hours.

Remove bones from liquid. Cut up meat.

Add vegetables, salt, and pepper.

Simmer until vegetables are tender, about 40 minutes.

Calories per serving: About 175.

MENU SUGGESTION

Serve with egg salad sandwiches and have cookies for dessert.

Beef and vegetable casserole

6 servings, 1 cup each

Lima beans, frozen.....	10-ounce package
Carrots, thinly sliced.....	1½ cups
Boiling water.....	1 cup
Ground beef.....	1½ pounds
Onion, chopped.....	2 tablespoons
Cream of mushroom soup, condensed.....	10½-ounce can
Vegetable cooking liquid.....	⅓ cup
Salt.....	½ teaspoon
Thyme.....	¼ teaspoon
Tomato slices, ¾ inch thick.....	6
Parmesan cheese, grated.....	2 tablespoons

Preheat oven to 350°F. (moderate).

Add lima beans and carrots to boiling water.

Cover and cook until tender, about 15 minutes.

Drain; save ⅓ cup cooking liquid.

Cook ground beef and onion until beef is lightly browned. Pour off excess fat.

Add soup, vegetable liquid,

cooked vegetables, $\frac{1}{2}$ teaspoon salt, and thyme. Mix well.

Pour into 2-quart casserole.

Arrange tomato slices on top of mixture.

Sprinkle with cheese.

Bake 30 to 35 minutes or until mixture is bubbly.

Calories per serving: About 370.

For fewer calories: Omit cheese.

Use ground beef round in place of regular ground beef, and cream of celery soup in place of cream of mushroom soup. About 300 calories per serving.

MENU SUGGESTION

Serve with lettuce wedge and hot French bread. Have peach halves for dessert.

Beef-potato pie

6 servings, $\frac{1}{2}$ cup meat and $\frac{1}{2}$ cup potatoes each

Celery, chopped.....	$\frac{1}{2}$ cup
Onion, finely chopped.....	$\frac{1}{4}$ cup
Beef fat, butter, or margarine.....	2 tablespoons
Flour, unsifted.....	$\frac{1}{4}$ cup
Salt.....	$\frac{1}{2}$ teaspoon
Pepper.....	$\frac{1}{8}$ teaspoon
Beef broth or bouillon.....	2 cups
Gravy seasoning.....	1 teaspoon
Beef, cooked, diced.....	3 cups
Potatoes, pared, cooked.....	6 medium
Butter or margarine.....	1 tablespoon
Hot milk.....	$\frac{1}{4}$ cup
Salt.....	$\frac{1}{4}$ teaspoon
Paprika.....	As desired

Preheat oven to 400°F. (hot).

Cook celery and onion in fat until tender.

Stir in flour, $\frac{1}{2}$ teaspoon salt, and pepper.

Add broth. Cook, stirring constantly, until thickened.

Stir in gravy seasoning.

Add beef.

Pour into 2-quart casserole.

Mash potatoes. Mix in butter, milk, and $\frac{1}{4}$ teaspoon salt. Beat until fluffy.

Top beef mixture with mounds of mashed potatoes.

Sprinkle tops of potatoes with paprika.

Bake 20 minutes or until meat mixture is bubbly.

Calories per serving: About 305.

MENU SUGGESTION

Serve with broccoli spears and fresh fruit salad.

Beef shish kebabs

6 servings

Boneless sirloin steak.....	2 pounds
Oil.....	$\frac{1}{4}$ cup
Lemon juice.....	3 tablespoons
Dry white wine.....	$\frac{1}{4}$ cup
Garlic powder.....	$\frac{1}{8}$ teaspoon
Thyme.....	$\frac{1}{8}$ teaspoon
Salt.....	1 teaspoon
Green peppers, cut in eighths.....	3
Boiling water.....	3 cups
Mushroom caps.....	24
Pearl onions, whole, cooked.....	24
Tomato sauce.....	8-ounce can
Brown sugar.....	1 tablespoon
Hot pepper sauce.....	$\frac{1}{8}$ teaspoon

The day before:

Cut meat into cubes. Place in bowl.

Mix oil, lemon juice, wine, garlic powder, thyme, and salt.

Pour oil mixture over meat.

Let stand in refrigerator for 24 hours.

The day of serving:

Drain meat; save liquid.

Cook green pepper pieces in 1 cup boiling water for 5 minutes or until almost tender. Drain.

Pour 2 cups boiling water over mushrooms. Cover. Let stand 5 minutes. Drain.

Alternate meat cubes, onions, mushrooms, and green pepper pieces on skewers.

Mix tomato sauce, brown sugar, and hot pepper sauce with remaining liquid from meat.

Brush meat and vegetables with tomato sauce mixture.

Broil, turning as needed, until meat is of desired doneness. See directions for broiling on page 15.

Heat remaining tomato mixture. Serve over meat and vegetables.

Calories per serving: About 595.

MENU SUGGESTION

Serve with tossed green salad. Have peach pie for dessert.

Hamburger Parmesan

6 servings, 1 patty each

Ground beef round.....	1½ pounds
Salt.....	½ teaspoon
Pepper.....	½ teaspoon
Flour, unsifted.....	¼ cup
Eggs, beaten.....	2
Breadcrumbs, fine dry.....	1 cup
Fat or oil.....	3 tablespoons
Mozzarella cheese.....	6 slices
Mushroom pieces, drained.....	4-ounce can
Spaghetti sauce.....	15-ounce can
Parmesan cheese.....	3 tablespoons

Preheat oven to 400°F. (hot).
Gently mix ground beef with

salt and pepper. Shape into six patties about ½ inch thick.

Coat each patty with flour; dip into eggs. Coat with breadcrumbs.

Brown patties in fat.

Arrange patties in single layer in baking pan, about 13 by 9 by 2 inches.

Top each patty with slice of mozzarella cheese.

Place mushroom pieces on top of cheese-covered patties.

Top with spaghetti sauce.

Sprinkle with Parmesan cheese.

Bake 25 minutes or until sauce is bubbly and cheese is melted.

Calories per serving: About 500.

VARIATION

Veal Parmesan.—In place of ground beef round, use 1½ pounds boneless veal cutlet cut into six pieces. Mix salt and pepper with flour. Bake 45 minutes or until meat is tender. About 465 calories per serving.

MENU SUGGESTION

Serve with buttered lima beans and hot garlic bread.

Creole liver

6 servings, ¾ cup each

Tomato sauce.....	8-ounce can
Tomatoes.....	16-ounce can
Green pepper, chopped.....	½ cup
Celery, chopped.....	½ cup
Onion, chopped.....	½ cup
Salt.....	½ teaspoon
Pepper.....	½ teaspoon
Beef liver, cut in strips.....	1¾ pounds
Fat or oil.....	2 tablespoons
Rice, cooked.....	3 cups (about 1 cup uncooked)

Mix tomato sauce and tomatoes with green pepper, celery, onion, salt, and pepper.

Simmer for 15 minutes.

Cook liver in fat until lightly browned.

Add liver to tomato mixture.

Simmer 30 minutes or until liver is tender.

Serve over rice.

Calories per serving, with rice:
About 340.

MENU SUGGESTION

Serve with green beans and hot corn muffins.

Chili beef pie

6 servings, about 1 cup filling each

Filling

Ground beef.....	1½ pounds
Onion, chopped.....	½ cup
Green pepper, chopped.....	¼ cup
Garlic powder.....	½ teaspoon
Tomatoes.....	16-ounce can
Kidney beans.....	16-ounce can
Tomato sauce.....	8-ounce can
Chili powder.....	1 tablespoon
Salt.....	1 teaspoon
Flour.....	2 tablespoons

Topping

Flour, unsifted.....	½ cup
Yellow cornmeal.....	½ cup
Baking powder.....	1½ teaspoons
Sugar.....	1 tablespoon
Salt.....	¼ teaspoon
Egg, slightly beaten.....	1
Milk.....	½ cup
Fat, melted or oil.....	2 tablespoons

Preheat oven to 400°F. (hot).

Grease 3-quart casserole.

Cook beef, onion, green pepper, and garlic powder until meat is lightly browned. Drain off excess fat.

Drain tomatoes; save liquid.

Add drained tomatoes, kidney beans, tomato sauce, chili powder, and 1 teaspoon salt to meat mixture.

Simmer for 10 minutes to blend flavors.

Mix 2 tablespoons flour with tomato liquid. Stir into meat mixture. Cook, stirring constantly, until thickened.

Pour into casserole.

For topping, mix ½ cup flour, cornmeal, baking powder, sugar, and ¼ teaspoon salt thoroughly.

Mix egg and milk; add fat.

Stir milk mixture into flour mixture until dry ingredients are just moistened. Batter will be lumpy.

Spread topping mixture over the filling.

Bake 25 minutes or until topping is lightly browned.

Calories per serving: About 510.

MENU SUGGESTION

Serve with tossed salad. Have fruit sherbet for dessert.

Individual meat loaves

6 servings, 1 loaf each

Round snack crackers,	
crushed.....	1 cup
Instant minced onion.....	2 tablespoons
Milk.....	1 cup
Egg, beaten.....	1
Salt.....	1 teaspoon
Pepper.....	¼ teaspoon
Ground beef.....	1½ pounds
Catsup.....	¼ cup
Brown sugar, packed.....	¼ cup
Worcestershire sauce.....	1 teaspoon

Preheat oven to 350°F. (moderate).



PX-5568

Individual meat loaves—quick to cook and easy to serve.

Soak cracker crumbs and onion in milk until soft.

Stir in egg, salt, and pepper.

Gently mix ground beef with milk mixture.

Shape into six loaves. Place in shallow baking pan.

Bake 30 minutes.

Mix catsup, brown sugar, and worcestershire sauce.

Remove meat loaves from oven. Drain off fat.

Spread catsup mixture over tops.

Bake 10 minutes longer.

NOTE: The meat mixture may be baked in a loaf pan. Bake 1 hour, spread catsup mixture over top, and bake 10 minutes more. Slice to serve.

Calories per serving: About 390.

VARIATION

Lemon-flavored meat loaves.—Omit worcestershire sauce. Use $\frac{1}{4}$ cup lemon juice mixed with $\frac{1}{4}$ cup water in place of milk. Add 1 teaspoon dry mustard, $\frac{1}{4}$ teaspoon ground allspice, and $\frac{1}{4}$ teaspoon ground cloves to catsup mixture. Top each sauce-covered loaf with two lemon slices. Bake 10 minutes after adding topping. About 370 calories per serving.

MENU SUGGESTION

Serve with parsley buttered potatoes and carrot-raisin salad.

Beef with Chinese-style vegetables

6 servings, $\frac{1}{2}$ cup meat and $\frac{1}{2}$ cup vegetables each

Beef chuck steak, boneless.....	1½ pounds
Cornstarch.....	2 tablespoons
Garlic powder.....	$\frac{1}{2}$ teaspoon
Soy sauce.....	$\frac{1}{4}$ cup
Worcestershire sauce.....	3 tablespoons
Water.....	1 cup
Green beans, cut in strips.....	1 cup
Carrots, thinly sliced.....	1 cup
Turnips, thinly sliced.....	1 cup
Cauliflower florets, thinly sliced.....	1 cup
Chinese cabbage, cut in strips.....	1 cup
Boiling water.....	1 cup
Oil.....	3 tablespoons

The day before:

Cut beef into strips, about 3 inches by $\frac{1}{2}$ inch.

Mix cornstarch, garlic powder, soy sauce, worcestershire sauce, and water.

Pour mixture over beef strips.

Let stand in refrigerator overnight.

The day of serving:

Simmer meat mixture for $1\frac{1}{2}$ hours or until meat is tender.

Add vegetables to boiling water.

Simmer for 5 minutes or until vegetables are tender but still crisp. Drain.



PN-5869

Beef with Chinese-style vegetables—meat strips cooked in a tangy sauce and served over crisp vegetables.

Pour oil over drained vegetables.

Serve meat sauce over vegetables.

Calories per serving: About 385.

MENU SUGGESTION

Serve with jellied fruit salad and hard rolls.

Meatball and rice casserole

6 servings, ¾ cup each

Ground beef.....	1 pound
Breadcrumbs, fine dry.....	½ cup
Milk.....	¼ cup
Onion, chopped.....	2 tablespoons
Salt.....	1 teaspoon
Worcestershire sauce.....	1 teaspoon
Cream of mushroom soup, condensed.....	10½-ounce can
Water.....	½ cup
Rice, cooked.....	2 cups (about ¾ cup uncooked)
Celery, thinly sliced.....	½ cup
Green pepper, finely chopped.....	½ cup
Cheddar cheese, shredded.....	½ cup

Preheat oven to 350°F. (moderate).

Gently mix ground beef, breadcrumbs, milk, onion, salt, and worcestershire sauce.

Shape into 18 meatballs about 1½ inches in diameter.

Brown meatballs in frypan. Drain off fat.

Place in 2-quart casserole.

Mix soup and water. Heat until bubbly.

Stir rice, celery, and green pepper into hot soup.

Pour mixture over meatballs.

Bake 40 minutes or until vegetables are tender.

Sprinkle cheese over casserole.

Bake 5 minutes longer or until cheese is melted and lightly browned.

Calories per serving: About 355.

For fewer calories: Omit cheese.

Use ground beef round in place of regular ground beef, skim milk in place of whole milk, and cream of celery soup in place of cream of mushroom soup. About 285 calories per serving.

MENU SUGGESTION

Serve with glazed carrots and have cobbler for dessert.

Sauerbraten

12 servings, 3 ounces each

Onion, sliced.....	2 cups
Lemon juice.....	¼ cup
Vinegar.....	1½ cups
Sugar.....	1 tablespoon
Cloves, whole.....	12
Bay leaves.....	4
Pepper.....	½ teaspoon
Salt.....	1 teaspoon
Beef rump roast, boneless.....	About 3½ pounds
Fat or oil.....	2 tablespoons
Cooking liquid and water.....	1½ cups
Cold water.....	½ cup
Gingersnaps, crushed.....	½ cup

Two days before serving:

Mix onion, lemon juice, vinegar, sugar, cloves, bay leaves, pepper, and salt.

Place roast in bowl.

Pour onion mixture over roast. Let stand in refrigerator for 48 hours. Turn roast over in bowl halfway through standing period.

The day of serving:

Remove roast from onion mixture; drain.



PX-5870

Souerbrotten—beef marinated for flavor and tenderness.

Brown meat in fat in heavy pan.

Add onion mixture.

Simmer until tender, about 2½ hours.

Remove meat; strain cooking liquid.

Heat cooking liquid and water to boiling.

Mix cold water and gingersnaps. Stir into boiling liquid.

Cook, stirring constantly, until thickened.

Slice roast into thin slices. Serve with gingersnap gravy.

Calories per serving: About 455.

MENU SUGGESTION

Serve with mashed potatoes, asparagus, and jellied Waldorf salad.

Veal-fruit salad

6 servings, ⅔ cup each

Veal, cooked, diced.....	2 cups
Red grapes, halved, seeded.....	1 cup
Celery, thinly sliced.....	¾ cup
Mandarin oranges, drained.....	11-ounce con
Salad dressing, mayonnaise-type.....	⅓ cup
Salt.....	¼ teaspoon
Lemon juice.....	1 tablespoon
Lettuce leaves.....	6
Almonds, slivered, toasted.....	2 tablespoons

Gently mix veal, grapes, celery, and oranges.

Chill thoroughly.

Mix salad dressing, salt, and lemon juice until smooth.

Gently stir salad dressing into veal mixture.

Serve on lettuce leaves.

Top with almonds, about 1 teaspoon for each serving.

Calories per serving: About 220.

MENU SUGGESTION

Serve with hot muffins and tapioca pudding.

Swedish appetizer meatballs

50 meatballs

Meatballs

Instant minced onion.....	2 tablespoons
Egg, beaten.....	1
Milk.....	¼ cup
Breadcrumbs, fine dry.....	¼ cup
Salt.....	½ teaspoon
Sugar.....	2 teaspoons
Allspice, ground.....	½ teaspoon
Nutmeg, ground.....	¼ teaspoon
Ground beef.....	1 pound
Ground pork.....	¼ pound

Gravy

Flour.....	3 tablespoons
Pepper.....	½ teaspoon
Meat drippings.....	2 tablespoons
Beef bouillon cube.....	1
Water.....	¾ cup
Half-and-half.....	1 cup

Preheat oven to 350°F. (moderate).

Mix onion, egg, milk, and breadcrumbs. Let stand 5 minutes.

Stir in salt, sugar, and spices. Mix well.

Gently mix with ground meats.

Shape into meatballs, using

about one tablespoon meat mixture for each.

Brown meatballs in frypan.

Place in 1½-quart casserole.

For gravy, stir flour and pepper into meat drippings.

Dissolve bouillon cube in water. Stir into flour mixture.

Add half-and-half. Cook, stirring constantly, until thickened.

Pour over meatballs in casserole.

Bake for 30 minutes.

Calories per meatball: About 45.

VARIATION

Swedish dinner-size meatballs.

— Shape meat mixture into 24 meatballs, using about 2 tablespoons meat mixture for each.

Bake 45 minutes or until meatballs are done. About 375 calories per serving, four meatballs each.

MENU SUGGESTION

For dinner, serve with noodles garnished with poppy seeds, and mixed vegetable salad.

Swiss steak with cheese

6 servings

Beef round steak, boneless,

¾ inch thick.....	1½ pounds
Flour, unsifted.....	¼ cup
Salt.....	1 teaspoon
Fat or oil.....	2 tablespoons
Water.....	1 cup
Worcestershire sauce.....	1 teaspoon
Onion, chopped.....	2 tablespoons
Tomatoes.....	16-ounce can
Celery, chopped.....	½ cup
Carrots, shredded.....	½ cup
Sharp Cheddar cheese, shredded.....	½ cup

Cut meat into six pieces.

Mix flour and salt.

Pound flour mixture into meat; save remaining flour mixture.

Brown meat in fat.

Mix remaining flour with water thoroughly. Stir in worcestershire sauce, onion, tomatoes, celery, and carrots.

Pour vegetable mixture over meat.

Cover and simmer 2 hours or until meat is tender and sauce is thickened.

Sprinkle cheese over meat. Heat until cheese is melted.

Calories per serving: About 330.

MENU SUGGESTION

Serve with baked potato and cole slaw. Have hot apple pie for dessert.

Veal chops with vegetables

6 servings, 1 chop plus 3/4 cup vegetables each

Veal shoulder chops.....	6 (about 4 ounces each)
Fat or oil.....	2 tablespoons
Salt.....	1 teaspoon
Onion, thinly sliced.....	3/4 cup
Potatoes, thinly sliced.....	3 cups
Carrots, thinly sliced.....	2 cups
Marjoram.....	1 teaspoon
Flour.....	2 tablespoons
Milk.....	3/4 cup
Cream of mushroom soup, condensed.....	10 1/2-ounce can

Brown veal chops in fat in large frypan.

Sprinkle half of salt over chops.

Spread onion slices over chops; then add potato slices and top with carrot slices.

Sprinkle remaining salt and marjoram over vegetables.

Mix flour and milk thoroughly. Stir into soup. Mix until smooth.

Pour over chops and vegetables.

Simmer about 1 1/4 hours or until chops and vegetables are tender.

Calories per serving: About 400.

For fewer calories: Use cream of celery soup in place of cream of mushroom soup. Use water in place of milk. About 360 calories per serving.

MENU SUGGESTION

Serve with jellied lime-pear salad and hot rolls.

Veal birds

6 servings, 1 veal bird each

Bacon.....	3 slices
Onion, chopped.....	1/4 cup
Celery, chopped.....	1/3 cup
Bread stuffing mix, herb-seasoned.....	1 1/2 cups
Hot water.....	1/2 cup
Veal cutlets, thin, boneless.....	6 pieces (about 4 ounces each)
Flour.....	2 tablespoons
Butter or margarine.....	2 tablespoons
Beef bouillon.....	10 1/2-ounce can
Cooking liquid and water.....	1 1/2 cups
Cold water.....	1/2 cup
Flour.....	1/4 cup

Cook bacon until crisp; remove bacon from pan; crumble.

Cook onion and celery in bacon drippings until tender, but not brown.

Toss stuffing mix, bacon, celery, onion, and bacon drippings together lightly.

Add hot water and mix gently.

Flatten veal cutlets with mallet.

Place about 1/3 cup of stuffing mixture on each piece of veal.



PX-5871

Veal birds—tasty breadstuffing rolled in veal cutlet.

Roll up veal and fasten with toothpicks.

Coat veal rolls with 2 table-spoons flour.

Brown in fat.

Add bouillon; cover. Simmer for 1 hour or until meat is tender.

Remove veal from pan.

Heat cooking liquid and water to boiling.

Mix cold water and $\frac{1}{4}$ cup flour thoroughly.

Stir into boiling liquid. Cook, stirring constantly, until thickened.

Serve over veal birds.

Calories per serving: About 395.

VARIATION

Beef birds.— Use cubed beef round steak in place of veal cutlets. About 430 calories per serving.

MENU SUGGESTION

Serve with spicy red cabbage and have upside-down cake for dessert.

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